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# An Essay
on
# Idiopathic Dyspepsia

Submitted to the Medical Faculty
of the
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for the degree of
Doctor of Medicine

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By Norborne A. Galt
of Kentucky.
1829.

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# Prefatory Remarks.

The subject treated of in the following pages, is of a nature so entirely practical, and the undergraduate's opportunities of becoming practically acquainted with it, are necessarily so limited, that an explanation may seem due for its selection on the present occasion.

Our reasons for choosing this theme are two-fold, 1st. the growing necessity that the disease in question, should be well understood by the American student; and 2nd. the interesting nature of the disease itself.

That Dyspepsia is becoming daily more prevalent in this country, there can be no doubt; and it is easy to give an explanation of the fact. It is known to be a disease infesting particularly the higher walks of life: in the refinements of luxurious society, are its causes generally to be found; for in pro-

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portion as we depart from a natural and adopt an artificial mode of living, do we make ourselves liable to it. It was to be expected then, that the people of these states, who every day increase their indulgence in the follies and fashions of Europe, should proportionably have this formidable malady multiplied among them. Consequently it is incumbent on every student to make himself thoroughly acquainted with an enemy, with which he will probably have to contend but too frequently. And in what manner can he better learn to detect its encroachments on the human frame, and to disarm it of its power when detected, than by an investigation of this nature? In consulting the highest authorities — for he must depend more on the "verba magistri" for the construction of his Thesis, than upon his own scanty observations, — he will obtain the best information on the subject; and the impression thus made on his mind will be fixed and permanent.

Dyspepsia is, moreover, in itself of a most interesting character. It is a disease, it has been well said in the language of Bacon, "which comes home to men's business and bosoms." For he who now-a-days is entirely exempt from it, may consider himself truly fortunate. To be deeply sensible, therefore, of the importance of a knowledge of it, and to have bestowed no inconsiderable degree of attention upon it, appears ample authority in selecting it for an Inaugural Dissertation.

# Symptoms of Dyspepsia

In the present state of Medical Knowledge the paramount importance of a healthy condition of the stomach to the well-being of the individual, is universally admitted. This organ, so intimately connected by its sympathies with every other of the body, cannot be in the least disordered, without its morbid state exerting an extensive influence on the whole animal economy. Dyspepsia, therefore, wherein the stomach is so deeply involved, does not exist long, before the most remote parts become implicated. It is this which renders a classification of its symptoms so difficult. For, being excited by so many different causes, and appearing under such a variety of circumstances, the phenomena to which it gives rise are numberless, and difficult to portray. To quote the words of the most elegant of Medical writers - "This malady, or rather

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abstract of all maladies is, in itself such a Proteus; arises from so many different causes; assumes so many different shapes; produces so many strange and contrary effects, that it is almost as difficult to give it a name as to describe its ever varying features." That arrangement, according to which the most prominent symptoms are enumerated as they appear in the principal organs, being deemed on the whole the most simple and easy, will be followed in this paper.

1st. As they appear in the Stomach. Among the 1st are heartburn, distention, with acid eructations. Dr. Drake (Ex-Prof. of Trans. Univ.) mentions as a common symptom, which he experienced in his own person, and frequently heard others complain of — viz — a feeling as if there were present a kind of bland, cold liquor, which induces the patient to resort to stimulating potations to get rid of it, but in vain. The appetite is often ravenous, or totally annihilated; sometimes fastidious, and at others

very depraved, soliciting the most outré articles, as dirt &c. Whatever is eaten generally produces more or less discomfort in the stomach, until the food passes into the larger bowels. Nausea, vomiting and even pyrosis, sometimes attend.

2ndly In the Bowels. There is mostly constipation, but sometimes diarrhœa. The alvine discharges are not of their natural appearance, being of various hues, sometimes light-coloured from a deficiency of bile; at others black and inspissated, and seldom of the healthy rhubarb colour. Occasionally they are said to contain a viscid bile, rendering them as tenacious as bird-lime. Now and then, they consist of undigested bits of food.

A symptom may be mentioned here, on which Dr. Philippe lays a good deal of stress - viz - tenderness of the Epigastrium on pressure. Dr. Johnson, however, speaks rather slightingly of it; although he allows that it exists in every stage of the disease, yet he has no hesitation in averring that if a whole regiment of sol-

-diers were turned out and their epigastria pressed with pointed fingers, they would all wince from the General downwards! This is a symptom, nevertheless, much to be relied on; for it is easy to tell whether the tenderness proceeds from pressure merely, or a morbid sensibility of the part:- in the first instance, the tenderness will disappear by continuing the pressure, but in the second it increases rather than diminishes under the same circumstances.

3rd. The Liver is nearly always affected, as shown by the alvine discharges &c. At times, I believe it is difficult to say which is the primary seat of the disease, this organ or the stomach.

4th. In the Kidneys, bladder &c. The urine is scanty, and high coloured; or its secretion is increased, depositing a red or a white sediment according as an acid or alkalescent state of the bowels exists. Certain anomalous symptoms not unfrequently appear in these parts, the urinary passages being so affected as to imitate cal-

culus or stricture. Never shall I forget the horror I felt when shortly after witnessing two most painful operations for stone in the bladder, I fancied myself labouring under the same complaint, little suspecting at the time that the disorder of the bladder, urethra &c. were but sympathetic of that of the stomach!

5th ly In the mouth and fauces, there is sour taste; often dryness and thirst; sometimes a clamminess with heavy odour on the breath. A viscid secretion from the fauces, while the mouth is drier than usual, is said sometimes to be very harassing. The tongue is furred, especially at the root and in the middle, and is frequently covered with a creamy mucous in the morning.

6th ly In the vascular system. The pulse is generally languid, and often irregular. Sometimes there is great irritability of the heart: exercise is said to give steadiness to it, differing thus from organic affections of that organ. Dr. Johnson has seen intermissions of the pulse, — a sense of tumult in the region of the heart,

and most of those symptoms which appertain to real angina pectoris, produced by disordered function of the stomach, and give way to a radical change of regimen and diet.

7th. The Skin is pale and dry, and its temperature below the proper standard, the extremities being cold; the feet distressingly so.

8th. In the Muscular System. There is great loss of flesh and of muscular power. But the loss of strength is out of all proportion to the waste of flesh. During a paroxysm it is very great. "It is a sense of debility rather than actual debility, and infinitely more distressing than real weakness." There is such an inability for muscular action that the slightest exertion is irksome; so true is the trite quotation "ventriculo languido, omnia languent."

9th. In the Brain and Nervous system. The intellectual functions are much disturbed, as shown by irresolution, irascibility, hypochondriasis &c., and these, al-

though too often ridiculed, and treated as "airy nothings" without "a local habitation or a name" are what give to the disease its formidable character, and which according to a late writer sometimes alone point out its existence when the digestive apparatus is apparently in a perfectly healthy condition. No one has better reason, than the individual who now writes, to believe in the truth of this observation. Before he had seen the writings of the gentleman alluded to, he had often suffered the greatest depression of spirits, without any obvious moral or physical cause to account for his morbid feelings. But on the perusal of these writings, a light was let in upon his mind which has since saved him many unhappy moments. For, on substituting an abstension for a free mode of living, such a change of sensations results, as would almost lead to a doubt of personal identity!

Cephalalgia – usually called "sick head-ache" – is a very ordinary concomitant. The senses of sight and

hearing are often affected; the former with inverted vision, temporary or blindness, musca volitantes &c.; the latter with partial deafness, tinnitus aurium &c.

# Causes of Dyspepsia.

## Remote Causes

These are Physical or Moral

Physical Causes. Of these, Diet and Drink stand out in bold relief. They cause Dyspepsia by being taken in too large a quantity, or of a quality too stimulating. In the first case, they debilitate the stomach by acting on its muscular fibres, producing inordinate distention; and in the 2nd they derange its secretory function by their action on the nerves. A very abstemious and meagre diet also causes Dysp.a It is thus created in females who wish to prevent themselves from becoming grossness. Neuralgic affections of the stomach are produced in like manner. Dr. Jackson, speaking of this, in his Lecture on Chronic inflamn. of the mucous tissue, advises it to be let alone. But would not Opium relieve it? In a very singular work

which I have just been perusing, the "Confessions of an Opium-eater" (supposed to have been written by Coleridge, the Poet) the author mentions having brought upon himself a most painful affection of of the stomach by great fasting and hunger in early life, and to the relief which opium afforded he attributes his first indulgence in that "celestial drug."

Sedentary habits ~~are~~ is a fruitful source of Dyspepsia, hence females and students suffer so much from it. A due degree of exercise is necessary to keep up an equilibrium in the circulating system; every part of the body must be supplied with its proper share of blood, else congestion will take place in some organs, while others have not their share. Thus in the sedentary, the muscles of locomotion being not much used, little blood is distributed to them, and they become small and emaciated, while the abdominal viscera, — the stomach particularly from the stimulus of alimentation, — receive more than

their proportion, and disorder - in function at least - is finally the result. Connected with sedentary habits, application of mind, is a most powerful cause of Dyspa. Indeed, this disease may be considered the curse of the studious, for it is a melancholy fact that the mind is seldom cultivated to any extent but at the expence of the body. In excessive study, is the brain so much concerned in the operations of the intellect, that it does not radiate on the stomach that influence which is necessary for the proper performance of its functions?, or do intellectual operations merely produce pre disposition to disease, by keeping up in the encephalon a state of vital erection, whereby it is transformed into a permanent focus of irritation; and its irritability becoming established in the ganglionic nerves, the movements of the viscera become disordered under the influence of the slightest causes? Having acquired this degree of irritability, individuals easily contract in=

flammations from food, drinks &c &c. So says M. Bronsais.

In this country where there are so few crowded and ill-ventilated places, bad Air cannot be a very frequent cause of Dyesp.a But in Europe it is considered a most prolific source of the disease. It is in great cities - among "the dwarfing city's pale abortions" - we are to look to this as a productive cause. Its operation must be almost entirely limited here to the votaries of pleasure and of science, who in their crowded halls inhale an atmosphere contaminated by the breath of hundreds.* Atmospheric vicissitudes have here, however, their full sway; and when we consider the extent of

* As an exemplification of this remark (if it needs any) contrast the medical student! of this, or any other school, at the beginning and the close of the course. He comes from the country, perhaps, with the rose upon his cheek, vigour in his limbs; his whole appearance, in short "redolent" of health. Long before the close of the session, however, he becomes pale, enervated, dyspeptic; his very looks seeming to cry out with the poet, "O Rus, quando te aspiciam"! Such I believe to be the effect of the vitiated air we breath.

surface on which they act — the whole skin — and it's intimate sympathies with the stomach, we are not surprised to find that impressions made there should so materially affect the digestive organs. A dyspeptic does not feel tolerable in a humid atmosphere.*

Too little Sleep is said to cause Dyspepsia. Also excessive indulgence in it. How can we fix the period of sleep necessary for health, when the quantum needed varies according to temperament! It is said, for instance, that Napoleon only slept four hours; and Prof. Caldwell (as he says!) only sleeps three hours + 1/2 in 24 hours — and a case is even related in the Med. Chir. Review from the Dict. des Sc. Med. — of a distinguished Parisian gentleman who was accustomed to sleep only 1/4 of an hour! (Credat Judaeus!) The average quantity which we ought to recommend, however, is probably six or seven hours, and much more or less than this is detrimental.

Tobacco in this country is a very frequent agent

* Hence the number of suicides in England ("Merrie England"!) in the damp and gloomy month of November.

in the production of the disease under consideration, and no doubt often exists as a cause unsuspected. Dr. Chapman relates in his Lectures an interesting case of a distinguished gentleman, who, though of a robust frame, and accustomed to much exercise as a practising lawyer, yet was so much afflicted with this disease that he felt too timid at times to make a motion in Congress, and could not even concentrate his mind sufficiently to write a letter; he moreover, suffered from loss of sleep &c. He applied to Dr. C, for relief, who told him the cause; he left off tobacco, and recovered very soon. It is thought by Dr. Drake, that persons of the sanguine temperament may use tobacco with some impunity; the phlegmatic with more, as the Hollanders to whom it may be beneficial on account of their fogs &c. But they of the bilious temperament, — the temperament as the eloquent Prof. styled it, of genius and of great design, of excessive sensibility of body and mind, — cannot use it without much ill consequence.

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As to the abuse of medicines, say ye swallowers of pills and potions, how often Dysp.ᵃ is generated in this way! Dr. Buchan's, and all similar works, have probably done more harm than any erroneous system of Medicine which has had its day and is here no more. For few "dip into" a medical book and read the symptoms of diseases, without fancying themselves afflicted with every malady about which they read, and they physick themselves accordingly. The fate of many a good constitution, gradually puked and purged into a Dyspepsia, and perhaps finally destroyed altogether, may be read in that of the Italian Count who "was well, wished to be better, took physic, and died."

Decayed teeth, the reception of chronic eruptions, Excess in venery, &c. &c. also produce Dysp.ᵃ but upon which we have not time to dwell.

# Moral Causes.

In cultivated society these are supposed to operate in producing Dyspepsia in an almost equal degree with the Physical Causes. Nor need we be surprised at this. With the operation of the physical causes there is connected commonly an imprudence on the part of the individual without which they would in a measure be harmless; for over them we fortunately have control, and they may be counteracted by ourselves, — in most cases at least, — if we are wise — "sublata causa, tollitur effectus!" For instance, a particular article of diet may produce in us the disease; we abstain from it, and get well. But over the emotions of the soul, who has command? Who, that lays claim to the least sensibility, can help the anguish of grief at the loss of friends? Or who is cold philosopher enough to see without

perturbation, his ambition disappointed, his hopes blighted? In short there are numberless daily occurrences in civic life to disquiet the Mind and excite the Passions. Over these, Reason may have an influence in abating their violence, but cannot control them entirely.

The effects of the Passions and moral emotions on the system are well known. The chylopoietic viscera in particular suffer through them. The digestive organs and nervous system are so intimately connected — by the union of cerebral and sympathetic nerves, — that every strong impression made on the latter (the nervous system) does not fail to extend its influence to the former. During a paroxysm of passion, digestion is weakened or entirely suspended in the stomach (by the nervous influence on which it depends being interrupted); and the liver, with the other portion of the digestive apparatus, suffers in the same

way. For instance, the biliary secretion is said at times to be rendered so acrid by a fit of anger as to produce irritation all along the bowels. It is easy to see what an effect the frequent repitition of such a passion would have on the system. The modus operandi of the Passions and Emotions in creating this, and other diseases, is a pleasing subject of enquiry, but on an occasion like the present we must pass it by with this brief notice, only remarking in conclusion that it is in general the painful passions which produce effects of this kind. "pleasure producing expansion, propelling the fluids towards the surface; pain producing concentration, centripetal action" as remarked by Brousais. the one therefore promotive of health, the other of disease.

# Treatment of Dyspepsia.

This divides itself into two parts 1st. an attention to the remote causes, and the regulation of the Non-naturals (quaintly so called) and 2nd. The Medicinal Treatment.

1st. It is our duty to ascertain of what remote causes the case before us is the product. Every thing which can be convicted as a cause must be withheld; it must be removed as a sine qua non to the cure. With regard to sedentary habits, bad air &c. &c. the treatment here is too obvious to need particular mention. But as to food and drink, of all the non-naturals the most fruitful source of the disease, it will be well to speak more in detail.

It is said that "every man of forty is either a fool or his own physician". If this adage be true, there must be many more fools

than physicians in this world! Now if every one would do as Cornaro did, there would be some truth in the (above) saying. "What did Cornaro do? Why, when he found that the trash he was every day swallowing, played the very Devil with Cornaro's guts"* he adopted a plan of regimen of his own and was rewarded by a happy state of mind and a return of health, consequent on his temperance. But as at this day, there are probably few, very few Cornaros, some general rules should be laid down for the dyspeptic in the regulation of diet and drink.

1st. The diet of the dyspeptic should be reduced in quantity, especially when excessive eating was the cause of the disease.

2nd. Any particular article of food, found by experience not to agree should be left off. The sage's precept γνῶθι σεαυτόν (nosce teipsum) is never more à propos than here. Every one, the dyspeptic in=

* Abernethy! (M.S. Lectures)

valid particularly, should endeavour to ascertain what are the articles which cannot be taken by him with impunity. Dr. Johnson gives an excellent rule for the regulation of food - viz - Never to take it in such a quantity or of such a quality as to produce a conscious sensation in the stomach. When we take an abstemious meal, says he, we feel a slight degree of pleasant sensation throughout the whole frame, especially if we have fasted some time previously, but no distinct sensation in the stomach. To feel that we have a stomach at all, he continues, is no good sign! Whenever, therefore, "our drink produces any sensible excitement in the system", or "our food is followed by an inaptitude for mental or corporeal exertion" we may be certain that we have erred, and are to regulate our diet accordingly for the future.

3rd. Food should be well masticated and tho-

-roughly imbued with saliva. By observing this rule we not only furnish a proper portion of saliva which assists in digestion, but by eating slowly we give the food time to combine with the gastric juice and the appetite to subside, before the stomach becomes overcharged. It has been disputed whether drink should be allowed at meals. No doubt a moderate quantity is necessary, although even this is contrary to Abernethy who told a female friend of Dr. Chapman's to "live like a beast; eat, drink afterwards, lie down and go to sleep."

4th. Solid food is better than soups, which according to Dr. Paris' idea of digestion, not possessing a suitable degree of firmness, resist the churning motion of the Stomach.

5th. Food should not be taken in a state of fatigue, nor should exercise be allowed until an hour or two after eating.

For the particular articles which are of difficult digestion and therefore improper, I refer to Paris on Diet.

In selecting food for the invalid some attention, however, should be paid to the individual's previous habits. National taste, especially, should be consulted. What would agree very well with a person of one nation, might disgust one of another. Even in our own country this holds good. Thus Dr. Chapman humorously says "The Virginian delights in his bacon and greens, and the Yankee will fetch his sights after cod-fish and potatoes."!

# Medicinal Treatment

Medicines given with a view of curing Dyspep.a are comparatively ineffectual when the dietetic regulations are neglected. These should be most rigidly enforced. Digestion itself, observed Dr. Jackson in a clinical Lecture, is the first step in inflammation, for there is excitement of the organs to increased action. The natural action of an organ is a species of irritation, and more blood is thereby determined to it. An attention to the rules of Hygiene constitutes the most important part of the treatment of the disease, and will I have no doubt effect a cure in most cases, in the early stages at least. But a proper application of Medicines is often demanded. Before proceeding further, however, I should premise that the treatment to be here mentioned will have reference to an irritated, not an absolute phlogosed state of the stomach. When the irritation becomes merged

into phlogosis, the term Gastritis would with more propriety be applicable, and our consideration of the subject will not go so far.

Dr. Chapman advises the treatment to be commenced with an emetic, provided no inflammation be present; and Dr. Drake concurs with him in this. The former in particular speaks highly of the remedy. By the use of emetics, he says, he often succeeds in completely rectifying the morbid condition of the stomach, and when so much does not happen, they at least pave the way for the more successful operation of other means. For this purpose Ipecac.ª is preferred.

Purgatives are to be sparingly used. Infinite mischief, it is said, is daily produced by their indiscriminate employment in dyspeptic complaints. In the beginning they may be given to remove the morbid secretions and irritating contents of the alimentary canal; but afterwards all that

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is necessary is to produce one evacuation daily, and that of a solid consistence. Dr. Paris says it deserves to be recorded in Italics that "nothing is more mischievous than active purgation in every stage of Dyspepsia." In selecting a purge, we should choose one which creates little uneasiness in the stomach and small intestines, but which acts principally on the colon & rectum, as aloes, Sulphur &c. The biliary secretion being deranged, it may be necessary to combine a mercurial with the aperient. If there appear to be much irritation in the stomach & bowels, an anodyne, as hyoscymus, should be substituted. The Nitrate of Silver is much lauded for this purpose in a late work. Very great gastric and intestinal irritation being present, aperients can scarcely be given by the mouth without producing disagreeable effects, in which case injections should be used in their stead, until by a rigid system of diet the morbid sensibility of the nerves is lessened.

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Counter-irritation is here very beneficial. For this purpose a plaster of Tartar Emetic and Burgundy Pitch is said to be far superior to blisters. The tepid bath likewise acts much in calming irritation. Considering its salutary effect on the skin, and the extent of the cutaneo-intestinal sympathy, this was to be expected.

Dr. Johnson describes a state in which there is irritation throughout the whole nervous system, dependent on irritation of the stomach, in which it is necessary to keep up a steady soothing effect on the gastric nerves by anodynes. The liver being here also much disordered, the indication is to keep the irritation in check and at the same time to correct the vitiated state of the biliary secretion. For this purpose two or three grs. of hyoscyamus, 1 gr. of Blue Pills and two of the Comp.d Powder of Ipecac.a every six hours answer very well.

Heartburn, so common and grievous an atten-

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dant on this disease, is best removed by Lime-water. Magnesia &c. In cardialgia the ley of hickory ashes was the only thing which relieved Dr. Physick. For the formula of its preparation I refer to Chapman's Therap.es.
The oxide of Bismuth I have known very serviceable here. ℞ Ox. Bismuth — Amyli aa ʒj ℘ and div. in pulv. No. 12 — one (in cardiodynia; sub-nit-) three times a day. Where acidity prevails much with a disposition to pain and flatulence, the following formula is well recommended. ℞ Magnes. Carbonat. ʒfs
——— Sulphatis ʒiij
Spir. Amm. Aromat. ʒj
Tinct. Rhei — ℥fs
——— Hyoscyam. ʒfs
Aqua Menth. Sativa ℥iv ℘
fiat Mist.a cujus capiat ach. i mag. bis terve in die. Where there are fœtid eructations, Charcoal is a most excellent remedy.
The sympathetic affections of the head, heart &c. and

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those anomalous symptoms about the bladder &c. require no particular treatment, as they generally disappear with the disease which produced them.

All irritation being removed, tonics may be necessary, but this is not often the case. Determining on the propriety of their administration, however, the Sulphate of Quinine is confessedly the best; and I believe no other will be required. In the practice of my Father and preceptor, it has nearly superceded all other bitters, for it is thought to possess all the good qualities of the rest without their bulk and other disadvantages. ℞ Sub-sulph. Quinine gr. 16 - Aquæ Pont. ℥ij - Dil. Sulph. acid ℥ss., a tea-spoonful three or four times a day. The Quinine may be applied externally to denuded surfaces, with great advantage as mentioned by Dr. Chapman, if its internal administration should at any time seem objectionable - that is, if a tonic is required at the time. In cases where this article does not agree - and I have known

such to occur, - I think it probable that the piperine, would be the best substitute. Our intention here is to make a direct impression on the stomach, and through it on the other parts; and this effect I have no doubt ~~Known~~ the Piperine would have; at least in intermittents I have known it used with all the advantage of the Sulphate of Quinine.

While under this treatment, attention should be paid to exercise, regular hours, the governance of the Passions, clothing &c. The latter I would have not only warm and comfortable, but clean and neat, for I agree with Sir Jonah Barrington in his ideas of the moral influence of dress. Dr. Rush relates the case of a gentleman of Charleston who used to cure low spirits by frequently changing his clothes. Exercise should never be neglected, particularly Equestrian - "a Kingdom for a horse" to the dyspeptic - There is something peculiarly inspiriting in horse exercise - Lord Byron makes a remark of

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the Wind somewhere in one of his poems (in a note) A young Frenchman told him that his feelings were never so buoyant, that he never felt the spirit of liberty so keen within him — as when bounding over the plains of Syria on a fine horse.

No mode of exercise is so beneficial as travelling, especially when Hypochondriasm is connected with Dyspepsia. Its effects on the moral as well as physical condition of the invalid are most signal. Being thereby removed in a great measure from the perplexities of business, from many of the "corroding cares" and conflicting passions which torment him at home, and presented in their stead with a continued succession of new and interesting objects, the mind has not time to brood over former sorrows, or to indulge in gloomy anticipations of the future, but by the perpetual change of scene it is kept amused, and soon becomes serene and even cheerful; while the body in the mean time is invigorated by the exercise, the fresh air, and

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the healthy influence of the increasing mental exhilaration. The appetite is soon improved, and likewise the powers of digestion and assimilation; the improved condition of the stomach and bowels radiates a healthy influence on all parts of the body, on the mind particularly, and these reacting on each other, mutually unite in restoring perfect health.

Finis

Post-scriptum.— On looking over the preceding pages, I perceive some passages which might very well have been omitted, — but with more regret I find that parts have been left out, which certainly should not have been passed over in silence. Thus, it should have been stated that

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the proximate cause of the disease appears to be owing to an irritation of the stomach, attended with vitiated secretion, and also very commonly with debility in its muscular fibres, owing to frequent distention, which last was also considered by former pathologists as the Prox. cause. The distinction between this disease, or a form of it (Gastralgia) and Chronic Gastritis, might have been advantageously drawn. The use of leeches to the epigastrium to assist in allaying irritation, — of the mineral tonics, when tonics are required (as recommended by Dr. Blossman) — and of the blue pill at night with a gentle laxative in the morning (the Abernethean plan) in intractable cases, might all (cum multis aliis) have been dwelt upon with propriety; but as I know it would not be wished of me that I should waste time, (when time is so precious) in re-copying so long a paper, I confidently commit it, such as it is, (uncorrected by any friendly hand) to that indulgence which I trust will be extended towards it.